

# hiking

Name: \_\_\_\_\_



**Note:** On completion of this badge a scout should be able to competently undertake day and overnight hikes under the guidance of an adult. This badge is aimed at ensuring that hikes are enjoyable for a scout.

| Requirements  | Passed |
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| 1. Explain to your examiner:<br>a) How you would properly select, and fit footwear used for hiking.<br>b) The clothing you might select for a day and overnight hike in both summer and winter (including rain).<br>c) The concept of layering and how it applies to what clothing you pack for a day or overnight hike.<br>d) How you would select and pack a rucksack for a day and overnight hike.<br>e) The different types of filling used in sleeping bags and the characteristics and uses of each type. |        |
| 2. Explain to your examiner:<br>a) The different types of food which can be taken on a hike and the advantages and disadvantages of each. Describe different food types that would be suitable on a hike.<br>b) The importance of water in hiking and how much water you would take on different hikes. Explain some of the safeguards to be used when using river water for drinking<br>c) Draft a menu including quantity and cost for yourself on an overnight hike. Discuss the menu with your examiner.    |        |
| 3. Discuss with your examiner how you would ensure that you leave no trace when hiking.   |        |
| 4. a) Explain to your examiner the symptoms and treatment of hyperthermia and hypothermia.<br>b) Demonstrate how you would attract attention by sound and vision.<br>c) Show your examiner the contents of your hiking emergency kit and explain the use of each items.   |        |
| 5. Explain what permission is required before setting out on a hike (permits, parent consent etc) and the correct procedure when crossing private property.   |        |
| 6. a) Demonstrate to your examiner that you are able to orientate a map by natural features.<br>b) Demonstrate your understanding of contour lines on a map by drawing a profile of contours on a map.<br>c) Discuss hiking speed with your examiner over flat and mountainous terrain.<br>d) Assess the hiking time for two (2) hiking trails set by your examiner and explain how you assessed the hiking time.   |        |
| 7. Put the above knowledge into action by participating in either two-day hikes or an overnight hike. The day hikes may be patrol hikes, or hikes with family, and the overnight hike could be under the control of an adult leader or a senior scout.<br><br>Report back verbally or in writing on each hike to your examiner.   |        |

**Badge Awarded**

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